

OCTOBER 2026
ALPHA COURT DAY CENTRE
270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALPHA COURT DAY CENTRE (807) 683 – 7729  Find us on Facebook  Scan the above QR Code to be keep up to date with Alpha Court on Facebook DAY PROGRAM FACILTATOR Contact Information: Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119 Ashley aspaxman@alphacourt.ca ext. 3175 or (807) 621 – 6413			1 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM Crafting with Ashley "DIY Ghost Garland Decoration" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "BLT Sandwiches" Location: Day Centre *** 1:30PM – 2:30PM Coffee and Hangout Location: 1500 Dease Street *** 2:30PM – 3:30PM Board Games Location: 1500 Dease Street	2 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM Halloween Movie Series "SCREAM" **Trigger Warning - Rated 14A for Mature Content** Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Shepards Pie" Location: Day Centre *** 2:00PM – 4:00PM FREE FITNESS/ POOL *Please Register* Location: Canada Games Complex (420 Winnipeg Ave)

5 9:30AM – 10:30AM RISE & DINE BREAKFAST "Finn Pancakes" Location: 1241 Jasper Drive *** 10:00AM – 12:00PM  "SEVEN GRANDFATHER TEACHINGS" (4 Day Session) Location: Day Centre *Registration required by contacting Sharon/ Ashley at (807) 683- 8200 *** 11:00AM – 12:00PM BAKING GROUP "Brownies" *First Come, First Served* Location: 1241 Jasper Drive *** 12:30PM – 2:00PM HALLOWEEN IRON-ON T-SHIRT STENCILS *Please Register* Location: Day Centre *** 2:15PM – 3:15PM BOOK CLUB Starting New Book Location: County Park Library *** 2:00PM – 4:00PM INDIGENOUS ADVENTURES GROUP with Natalie Location: Day Centre	6 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 10:00AM – 12:00PM  "SEVEN GRANDFATHER TEACHINGS" (4 Day Session) Location: Day Centre *Registration required by contacting Sharon/ Ashley at (807) 683- 8200 *** 11:00AM – 12:00PM Crafting with Ashley "Button Pumpkin Canvas" Location: 1241 Jasper Drive *** 12:00PM – 12:30PM LUNCH "Tacos" Location: 1241 Jasper Drive *** 1:00PM – 2:00PM CRAFTING with Sharon "Pony Bead Wall Art" Location: Day Centre *** 2:00PM – 3:00PM COPING with EVERYDAY STRESSORS support Group Location: Day Centre	7 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 10:00AM – 12:00PM  "SEVEN GRANDFATHER TEACHINGS" (4 Day Session) Location: Day Centre *Registration required by contacting Sharon/ Ashley at (807) 683- 8200 *** 11:00AM – 12:00PM JEWELLRY GROUP "Potion Bottle Necklace" Location: 1241 Jasper Drive *** 12:00PM – 12:30PM LUNCH "Cold Cut Sandwich" Location: 1241 Jasper Drive *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: 1241 Jasper Drive – Common Room	8 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 10:00AM – 12:00PM  "SEVEN GRANDFATHER TEACHINGS" (4 Day Session) Location: Day Centre *Registration required by contacting Sharon/ Ashley at (807) 683- 8200 *** 11:00AM – 12:00PM Board Games Location: 1241 Jasper Drive *** 12:00PM – 12:45PM LUNCH "F" Location: 1241 Jasper Drive *** 12:45PM – 1:30PM Paper Products Bingo Location: 1241 Jasper Drive *** 2:00PM – 3:00PM CHAIR YOGA with Francis Location: Day Centre	9 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM Halloween Movie Series "Friday the 13th" **Trigger Warning - Rated R for Mature Content** Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Lasagna" Location: Day Centre *** 2:00PM – 4:00PM BOXING/ FREE FITNESS/ POOL *Please Register* Location: Canada Games Complex (420 Winnipeg Ave)
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12

THANKSGIVING
DAY



DAY CENTRE
CLOSED

13

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

CRAFTING with Ashley

"Halloween Ribcage Art"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

**"Grilled Cheese and Tomato
Soup"**

Location: Day Centre

1:00PM – 2:00PM

Snack BINGO

Location: Day Centre

Win yummy snacks

2:00PM – 3:00PM

**COPING with EVERYDAY
STRESSORS support group**

Location: Day Centre

14

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

JEWELLRY GROUP

"Skeleton Earrings"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Ravioli"

Location: Day Centre

1:00PM – 2:00PM

POSTCARD GROUP with Sara

Location: Day Centre

1:00PM – 3:00PM

**ART GROUP facilitated by
BISNO**

Location: Day Centre

15

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:30AM – 1:00PM

THANKSGIVING LUNCH

Please Register

Location Day Centre

1:00PM – 3:00PM

Movie & Hangout

Location: Day Centre

16

10:00AM – 11:30AM

DAILY GRIND COFFEE CLUB

Location: Day Centre

11:00AM – 1:00PM

SOCIAL GAMING

Location: Day Centre

11:30AM – 1:30PM

Halloween Movie Series

"Practical Magic"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Chicken Noodle Soup"

Location: Day Centre

2:00PM – 4:00PM

FREE FITNESS/ POOL

Please Register

Location: Canada Games
Complex

(420 Winnipeg Ave)

19 DAY CENTRE CLOSED	20 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM Crafting with Ashley "Crescent Moon Wreath" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Beef on a Bun" Location: Day Centre *** 1:00PM – 2:00PM DIAMOND DOT ART Location: Day Centre *** 2:00PM – 3:00PM COPING with EVERYDAY STRESSORS support group Location: Day Centre	21 8:30AM – 12:00PM DAY CENTRE CLOSED *** 12:00PM – 1:00PM JEWELLRY GROUP "Beaded Pumpkin Bracelet" Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	22 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM Crafting with Ashley "Mini Cemetery" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Denver Sandwich" Location: Day Centre *** 1:00PM – 2:45PM Hangout/ Craft Catch Up Location: Day Centre *** 2:00PM – 3:00PM CHAIR YOGA with Francis Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Drumming" Location: 1241 Jasper Drive (Common Room)	23 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM Halloween Movie Series "Victor Frankenstein" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Ceaser Wrap" Location: Day Centre *** 2:00PM – 4:00PM BOXING/ FREE FITNESS/ POOL *Please Register* Location: Canada Games Complex (420 Winnipeg Ave) *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive (Common Room) *** 4:00PM – 6:00PM TALES OF RESILIENCE THEATRE ACTING WORKSHOP (8 Week Workshop) *Please Register* Location: Day Centre
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26 9:30AM – 10:30AM RISE & DINE BREAKFAST "Waffles" Location: Day Centre *** 11:00AM – 12:00PM BAKING GROUP "Pumpkin Pie" *First Come, First Served* Location: Day Centre *** 11:00AM – 1:00PM HANGOUT/ COLOURING Location: Day Centre *** 1:30PM – 3:00PM BOWLING *Please register* Location: Mario's Bowl *** 2:00PM – 4:00PM WALKING PROUD GROUP "Halloween Bingo" *Please register by Thursday October 22	27 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM Crafting with Ashley "Framed Ghost" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Pizza Casserole" Location: Day Centre *** 1:00PM – 2:00PM CANDLE MAKING *Please Register* Location: Day Centre *** 2:00PM – 3:00PM COPING with EVERYDAY STRESSORS support group Location: Day Centre	28 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM JEWELLRY GROUP "Beaded Spider Suncatcher" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Spaghetti" Location: Day Centre *** 1:00PM – 2:00PM POSTCARD GROUP with Sara Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	29 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM Crafting with Ashley "Pony Bead Ghost" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Perogies" Location: Day Centre *** 1:00PM – 2:00PM Crafting with Ashley "Bat Canvas Art" Location: 1500 Dease Street *** 2:15PM – 3:15PM COLOURING/ GAMES Location: 1500 Dease Street	30 Day Centre Halloween 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING & Halloween Activities Location: Day Centre *** 11:30AM – 1:30PM Halloween Movie Series "Rocky Horror Picture Show" **Trigger Warning - Rated R for Mature Content** Location: Day Centre *** 12:00PM – 1:00PM LUNCH "PIZZA" Location: Day Centre *** 1:30PM – 3:00PM HALLOWEEN ACTIVITIES & COSTUME CONTEST Location: Day Centre *** 4:00PM – 6:00PM TALES OF RESILIENCE THEATRE ACTING WORKSHOP (8 Week Workshop) *Please Register* Location: Day Centre
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